

## Monday, July 1, 2024

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### Canada Day

Date and Time: Monday, July 1 8:00 am - 10:00 pm

Address: Robert Simpson Park - 400 John Street North

Join us for a day filled with music, food, games and so much more! There will be something for everyone! The performances will be done by a variety of artists, sure to be captivating. Different games, activities and face paint will be available throughout the day for all those attending. As well as the beach and splash pad will be open for additional entertainment. There will also be a large variety of food vendors for all to enjoy. We will finish off the night with fireworks over the Madawaska River.

### Galilee Centre Strawberry Social

Date and Time: Monday, July 1 1:00 pm - 4:00 pm

Address: 398 John Street North

**Date:** Monday, July 1, 2023, 1 pm – 4 pm

**Cost:** \$10 per person, children 6 & under free

Enjoy Strawberry Shortcake, coffee, tea, and lemonade in the historic Galilee dining room or screened in patio overlooking the Ottawa River. No reservations required, pay at the door, debit available. Please enter through the red door on the river side of the main building.

## Wednesday, July 3, 2024

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### The Lunch Bunch by Seniors at Home

Date and Time: Wednesday, July 3 12:00 pm - 2:00 pm

Address: 49 Daniel St N, Arnprior, ON K7S 2K6

A full course luncheon event at the Arnprior Legion Hall on Wednesday, July 3rd from 12 till 2pm. Choice of sandwiches sliced roast beef on whole wheat or egg salad. Katie and Just Country will entertain. Tickets \$12 each from our agency office until noon on Friday June 28th. All seniors and adults with disabilities welcome.

### Co-nnect Yoga In The Park

Date and Time: Wednesday, July 3 6:00 pm - 7:00 pm

Address: Robert Simpson Park - 400 John St N

**Get ready for Co-nnect's Yoga in the Park! Brought to you by Union 108!**

**Enjoy one of Arnprior's most vibrant Summer Series.**

**With diverse offerings and practices from teachers in Arnprior and neighbouring areas, diving deep into yoga, movement, and wellness with inclusivity, accessibility, and oodles of fun.**

**Whether you're looking to meet fellow yogis, groove to the rhythm of your community, or simply revel in the joy of wellness, these classes are for you—yes, you!**

**Best part?**

**They're totally free thanks to our amazing community sponsors and fundraisers!!**

**Lean into connection, learning, and pure enjoyment for our community—right in the heart of Arnprior, Ontario, at Robert Simpson Park, just a breezy 20-minute drive from Kanata or 40 minutes from Downtown Ottawa. And did we mention it's right by the beach?**

## **Friday, July 5, 2024**

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### **Writers in Residence Workshop**

Date and Time: Friday, July 5 3:00 pm - 9:00 pm

Address: 398 John St. N.

July 5 – 7, 2024 Weekend Retreat

July 5 – 12, 2024 Weeklong Residency

Join us at the historic Galilee Centre on the Ottawa River for a Writers in Residence program.

Take an opportunity to learn from published authors, meet other local writers, and set aside time to write!

[Click here to register online!](#)

### **Experience Options**

- **Day Pass – \$100 (Saturday OR Sunday)** Includes: Private writing space, lunch, workshops & presentations until 4 pm.
- **3-Day Weekend Pass: \$325 (Friday – Sunday)** Includes: 2 nights accommodations, all meals, all workshops & presentations.
- **7-Day Residency: \$990 (Friday – Friday)** Includes: 7 nights accommodations, all meals, weekend workshops & presentations, 1 on 1 coaching, weekday programming.

### **Authors & Workshop Leaders**

- **Keynote Author and Writing Coach:** Marie Bilodeau
- **Featured Authors/Presenters:** Brandon Crilly, Lydia M. Hawke, Kate Heartfield
- **Ottawa Valley Authors/Presenters:** Amy Belder, Kinsey Maxwell, Anne Kathleen McLaughlin, David Mulholland, Caroline Robbins, and more!

## Program Schedule & Workshop descriptions

Friday, July 5 – Registration opens 3 pm, Evening Welcome Dinner and Keynote Address

Saturday, July 6 – Program from 8 am – 7 pm, two workshops, writing time, booking sales

Sunday, July 7 – Program from 8 am – 4 pm, two workshops, writing time, book sales

Monday, July 8 – Friday, July 12 – Writing time, 1-on-1 coaching sessions, presentations/workshops

## Saturday, July 6, 2024

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### Writers in Residence Workshop

Date and Time: Saturday, July 6 8:00 am - 7:00 pm

Address: 398 John St. N.

July 5 – 7, 2024 Weekend Retreat

July 5 – 12, 2024 Weeklong Residency

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Monday, July 8 – Friday, July 12 – Writing time, 1-on-1 coaching sessions, presentations/workshops

## Sunday, July 7, 2024

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### Writers in Residence Workshop

Date and Time: Sunday, July 7 8:00 am - 4:00 pm

Address: 398 John St. N.

July 5 – 7, 2024 Weekend Retreat

July 5 – 12, 2024 Weeklong Residency

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Sunday, July 7 – Program from 8 am – 4 pm, two workshops, writing time, book sales

Monday, July 8 – Friday, July 12 – Writing time, 1-on-1 coaching sessions, presentations/workshops

## Arnprior Market

Date and Time: Sunday, July 7 9:00 am - 2:00 pm

Address: John Street Downtown Arnprior

Join us every Sunday in beautiful downtown Arnprior where 40 vendors line the streets along with all the amazing shops and restaurants downtown. [Learn more about the market here.](#)

## PaddleFest

Date and Time: Sunday, July 7 11:00 am - 3:00 pm

Address: McLean Beach

## Rescheduled from June 22nd, 2024 due to forecasted inclement weather

What is PaddleFest? This event is done in joint with Ottawa Valley Air Paddle to provide free and accessible programming on the water in Arnprior. Throughout the day, there will be free guided paddles on the Ottawa River from McLean Beach while also enjoying live music, family games, and see local vendors. Learn about water safety and the history of travel on the two rivers in Arnprior.

## Concerts in the Park

Date and Time: Sunday, July 7 2:00 pm - 4:00 pm

Address: Robert Simpson Park - 400 John Street North

Concerts in the Park is an annual summer series showcasing local talent on **Robert Simpson Park's** Gazebo Stage. Performances run from 2:00pm-4:00pm for ten Sundays, beginning the week after our annual **Priorpalooza Music Festival**. The Town of Arnprior and the Recreation Department are excited to bring the sound of music back this summer. Come join us!

## Wednesday, July 10, 2024

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### Co-nnect Yoga In The Park

Date and Time: Wednesday, July 10 6:00 pm - 7:00 pm

Address: Robert Simpson Park - 400 John St N

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## Thursday, July 11, 2024

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### BOOK LAUNCH – STUDYING CHRISTIAN SPIRITUALITY

Date and Time: Thursday, July 11 2:00 pm - 3:30 pm

Address: 398 John St. N.

**Date:** Sunday, August 25, 2024

**Time: 2 – 3:30 pm**  
**Donations welcome**

[Click here to register online](#) or call the office at 613-623-4242 x 21.

A BOOK LAUNCH for David Perrin's newest book, *Studying Christian Spirituality*, 2nd edition (2024) will be held August 25: 2 p.m. – 3:30 p.m. A presentation of about 30 minutes by the author exploring the core ideas of the book will begin our time together, followed by a Q&A and refreshments.

The presentation will be geared to the interest of the general public. *Studying Christian Spirituality* proposes a framework to discover how spirituality – both as a faith-based reality as well as a secular one – can be understood beyond the conventional boundaries that religions have established. Its nine chapters discuss a wide variety of issues and questions, which include: definitions of spirituality; the accuracy (or not) of how we think about God; human-spiritual growth; spiritual practices; and spirituality's relationship to theology.

## **Saturday, July 13, 2024**

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### **Movies in the Park**

Date and Time: Saturday, July 13 9:00 pm - 10:30 pm

Address: 400 John St N

After a successful debut in 2023, the Movies in the Park has become a series with three showings this year. These movies are free to attend thanks to our sponsor, Valley Home Group.

You're able to vote on which movie you want to see by following the Town's Facebook page, [Arnprior Life](#).

This month we are showing *Kung Fu Panda 4* at Robert Simpson Park at 9pm. Free snacks provided by the Arnprior Optimist-ic Women's Club and JayDog is open in the canteen.

Admission is free so come on out and enjoy.

Remember to bring chairs or a blanket.

## **Sunday, July 14, 2024**

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### **Arnprior Market**

Date and Time: Sunday, July 14 9:00 am - 2:00 pm

Address: John Street Downtown Arnprior

Join us every Sunday in beautiful downtown Arnprior where 40 vendors line the streets along with all the amaz

ing shops and restaurants downtown. [Learn more about the market here.](#)

## Concerts in the Park

Date and Time: Sunday, July 14 2:00 pm - 4:00 pm

Address: Robert Simpson Park - 400 John Street North

Concerts in the Park is an annual summer series showcasing local talent on **Robert Simpson Park's** Gazebo Stage. Performances run from 2:00pm-4:00pm for ten Sundays, beginning the week after our annual **Priorpalooza Music Festival**. The Town of Arnprior and the Recreation Department are excited to bring the sound of music back this summer. Come join us!

## Wednesday, July 17, 2024

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### Co-nnect Yoga In The Park

Date and Time: Wednesday, July 17 6:00 pm - 7:00 pm

Address: Robert Simpson Park - 400 John St N

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## Thursday, July 18, 2024

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### Annual Seniors BBQ in the Park by Seniors at Home

Date and Time: Thursday, July 18 12:00 pm - 2:00 pm

Address: 400 John St N, Arnprior

Seniors at Home will be hosting their 23rd annual Seniors BBQ at Robert Simpson Park on Thursday, July 18th from 12-2pm. (Rain date if needed July 25). Spencer Scharf will be entertaining. Tickets are available for \$10 from the agency office until July 16th. All seniors or adults with disabilities welcome.

## SUMMER BBQ LUNCHEON FUNDRAISER

Date and Time: Thursday, July 18 12:00 pm

Address: 398 John St. N.

**July 18, 2024, Noon**

\$22 per person

Menu: Sausages, Hot Dogs, Veggie Dogs, Salads, Drinks, Ice Cream Desserts

Bring your own lawn chair or enjoy the patio (first come, first serve seating)

Thank you for helping support the ongoing operations of Galilee Centre.

[Click here to register online](#) or call the office at 613-623-4242 x 21.

## MFNC's 40th Anniversary Celebration

Date and Time: Thursday, July 18 6:00 pm

Address: 295 Albert Street

Join us for a special evening as we discover the beauty of nature by canoe with Michael Runtz, and the mysterious disappearance of Tom Thomson with Roy MacGregor.

Light refreshments will be served and there will be door prizes to win!

## Saturday, July 20, 2024

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### Dragon Boat Festival

Date and Time: Saturday, July 20 9:00 am - 3:00 pm

Address: 400 John St N

Come support your local dragon boat teams through their day of on-water races. There will be 20 teams from around both Ontario and Quebec. The day will be filled with lots of fun and even more activities out of the water.

## Sunday, July 21, 2024

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## Arnprior Market

Date and Time: Sunday, July 21 9:00 am - 2:00 pm

Address: John Street Downtown Arnprior

Join us every Sunday in beautiful downtown Arnprior where 40 vendors line the streets along with all the amazing shops and restaurants downtown. [Learn more about the market here.](#)

## Concerts in the Park

Date and Time: Sunday, July 21 2:00 pm - 4:00 pm

Address: Robert Simpson Park - 400 John Street North

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## Wednesday, July 24, 2024

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### Frontac Free Community BBQ

Date and Time: Wednesday, July 24 11:30 am - 1:00 pm

Address: 16 Edward St. S.

Join us at the Kenwood Corporate Centre on July 24th for our Free Community BBQ! Enjoy a hotdog and chat with our staff about how we can support you with your employment needs!

### Co-nnect Yoga In The Park

Date and Time: Wednesday, July 24 6:00 pm - 7:00 pm

Address: Robert Simpson Park - 400 John St N

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## **Sunday, July 28, 2024**

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### **Arnprior Market**

Date and Time: Sunday, July 28 9:00 am - 2:00 pm

Address: John Street Downtown Arnprior

Join us every Sunday in beautiful downtown Arnprior where 40 vendors line the streets along with all the amazing shops and restaurants downtown. [Learn more about the market here.](#)

### **Concerts in the Park**

Date and Time: Sunday, July 28 2:00 pm - 4:00 pm

Address: Robert Simpson Park - 400 John Street North

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## **Wednesday, July 31, 2024**

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### **Co-nnect Yoga In The Park**

Date and Time: Wednesday, July 31 6:00 pm - 7:00 pm

Address: Robert Simpson Park - 400 John St N

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<https://calendar.arnprior.ca>